

# Summer 2010

## ***ADULT SWIM LESSONS***

Saturday Session A  
**June 12- August 14**

Beginning  
9:00-9:40 AM  
10:30-11:10 AM

**Beginning** course is geared for Non-Swimming Adults who want to become familiar with basic water safety as well as an introduction of strokes.

Intermediate  
9:45-10:25 AM  
11:15-11:55 AM

**Intermediate** class is geared more to adults who are comfortable in the water with a limited knowledge of strokes and techniques who want to improve.

Registration: May 8-June 9

Come learn how to swim in a class that gives you a group learning atmosphere with a course designed to give individual instruction based on the needs and wants of the swimmer.

The Adult Learn-to-Swim Lessons are a great place to start lap swimming, preparing for a triathlon or just wanting to better your strokes!

All classes are taught by a qualified American Red Cross Trained Swim Instructor.

